

Ka Leo O Kalani

ISSUE 10 | FALL 2021 | @KALANI_LEO

EDUCATION

**STUDENTS BACK
IN THE CLASSROOM**

ATHLETICS

**THE RETURN OF
FALL SPORTS**

PLUS MEDIA REVIEWS, TIKTOK TRENDS & MORE!



Climate News

7



Music & Anime Reviews

8



Kalani Sports * Photo by Shyloh Morgan (12).

11

SUMMARY

- 4 Trending on Tiktok
- 5 New Vaccine Mandates
- 6 School Lunches
- 7 Climate & Flooding
- 8 Opinion & Entertainment
- 9 Kalani Clubs
- 10 Girls' Varsity Volleyball
- 11 COVID & Sports Multimedia

Ka Leo O Kalani
Kalani High School

Advisor
Brooke Nasser

Instagram
@Kalani_Leo

Staff:
 Azriel Badon
 Shea Brown
 Eleni Cheng
 Haruto Gannon
 Alika Gusman
 Aidan Hart
 Mina Kohara
 Olivia Kulaga
 Veronica LaBelle
 Virgil Lin
 Reyn Machida
 Shauna Matsuda
 Leilani Phan
 Jasmine Rossiter
 Daniel Shiraki
 Ranson Silva
 Kylie Tanimura
 Isa Taylor
 Lily Washburn
 Kainoa Valdez
 Pandora VanZandt
 Emily Velasco
 Lauren Vierra
 Riko Yamaki
 Ami Yamane
 Jaime Yee
 Daniel Zheng



Every day at 1:57 p.m. school ends and students rush to the bus stop right in front of Kalani. Due to COVID-19, bus drivers only allow a certain number of students on the bus at a time, which varies between the size of the bus and who drives it. Frequently, students will walk almost half a mile to the bus stop near Waialae Iki Park to get on the earliest bus possible, while others stay roughly 30 minutes after school to catch the next bus, just to avoid the crowds and risk of infection. Photo and caption by Jasmine Rossiter.

Trending on Tiktok: Devious Licks

Ami Yamane

After a trend on Tiktok called “devious licks” came about on Sept. 1, students around the United States, including Hawaii, have been stealing various things from school campuses. No campus is safe, even Kalani.

In October, the girls’ bathroom near the new locker room was vandalized when someone ripped the sink and soap dispenser from the wall.

Other bathrooms around Kalani have also been the victim of this dangerous TikTok trend.

“I was shocked when I went into the bathroom and saw there was no mirror,” Gosei Doi (12) says. “There was another time I went in last week and the soap bag was ripped out of the dispenser.”

When TikTok user @jugg4eliias posted a video apparently stealing a box of disposable masks from school with the caption “a month into school... devious lick,” it didn’t take long for similar videos of people “hitting licks” to start flooding social media.

“At first, I thought the trend was just a joke and people weren’t actually stealing things,” Reece Kosaki (12) says. “But then I saw that some schools aren’t even allowed to use the restrooms anymore because of how out of hand it got.”

Other TikToks posted have been taken down, where students show what their school has done to prevent devious licks from happening.

Some schools just had their staff keep an eye out for suspicious activity.

However, other schools have



A sign in the girls’ bathroom by the Kalani gym asks users to be respectful. In October, the sink was torn off the wall by vandals. “The behaviors encouraged by these Tik Tok challenges will not be tolerated by our schools,” The Department of Education (DOE) said in a letter sent out Tuesday, Oct. 5. “These challenges have escalated beyond minor pranks and are serious offenses that can lead to severe disciplinary consequences. Offenders will be prosecuted to the full extent of the law and face student disciplinary action.” Photo by Ka Leo staff.

responded by removing students’ privileges and installing cameras to monitor students walking in and out of bathrooms.

“I think the trend is funny, but it’s also inappropriate and immature for high school students to be stealing toilets for a couple of likes and views,” Aiden Cheung (12) says. “I haven’t witnessed any of the devious licks at Kalani yet, but I heard someone hit a lick in the bathroom.”

Vice Principal Cindee Raymond sent out an email asking students to stop the practice.

“I am very disappointed to hear that our boys’ bathrooms have been repeatedly vandalized,” VP Raymond wrote.

VP Raymond also asked that everyone “continue to show respect and responsibility” to keep the campus clean and safe.

As a reminder to students, Raymond said that stealing and

vandalizing school property is a Chapter 19 Class A violation and can result in “serious discipline, police arrest, and/or restitution.”

There have already been arrests made for students damaging and stealing school property on the mainland.

TikTok has since been deleting all of the devious lick videos in hopes of encouraging people to not “hit licks” anymore, and so far, it seems to be working.

In fact, a new trend has arrived where students are doing nice things on their school campuses, such as bringing in couches, TVs, snacks, soap, and mini-fridges into bathrooms.

Some students like @kaidenvibes have also cleaned bathrooms. This new trend has been given the TikTok title of “angelic yields.”

New Vaccine Mandates for State Workers

Emily Velasco

COVID-19 numbers and death rates are rising in Hawaii, leading to new COVID-19 vaccine mandates for state workers implemented by Governor David Ige.

“The highly contagious Delta variant creates a big risk of infection, especially for members of our community who are not vaccinated,” Governor David Ige said about the new mandates in a press conference on Aug. 5. “With spiking COVID-19 case numbers, we have to take measures now to prevent an unmanageable strain on our healthcare system. This new vaccination and testing policy for State and county workers will help protect the health, safety, and welfare of the people of Hawai‘i.”

Interim Department of Education Superintendent Keith Hayashi states that the Farrington-Kaiser-Kalani, Kaimuki-McKinley-Roosevelt, and Pearl City-Waipahu complex areas have attained vaccination rates of over 90%.

“Preliminary numbers show nearly 85% of all salaried HIDOE employees at the school and complex area level are fully or partially vaccinated,” Hayashi adds.

But those who are not vaccinated must undergo weekly testing at various COVID-19 sites and present negative test results.

According to KITV4, free COVID-19 testing is available at CVS/Longs Drugs, Walgreens, and the Daniel K. Inouye International

Airport. Other testing sites are also accessible, but some places, like Walgreens and CVS, require scheduled appointments online, and available times are on their websites.

Since it was discovered, the Delta variant has been a leading cause of concern. According to the CDC, the Delta variant can cause twice the infection as the original strain.

COVID-19 numbers reached an all-time high, peaking at 886 infections on average over seven days with a high of 9 deaths on Aug. 27. With the vaccine mandates, Governor Ige said he hopes to get at least 70% of Hawaii’s population vaccinated to achieve herd immunity and keep Hawaii’s residents healthy.



Since the COVID-19 vaccine has been rolled out across the world, there has been a unique issue: the size of the card. According to the Verge, the vaccine card is 4 inches by 3 inches, larger than the standard wallet-photo size, 2.5 inches by 3.5 inches. Emails obtained by the Verge show that the Central for Disease Control and Prevention (CDC) had previously discussed the vaccine card size and intended for it to be folded. However, most people are reluctant to fold their cards. This issue has left people puzzled about where to put their vaccine cards and seeking alternative ways to keep their information. Photo and caption by Mina Kohara.

FEATURED * NEWS

How Healthy Is School Lunch & What Do Students Think About It?

DANIEL SHIRAKI & ELENI CHENG

School lunch is healthy as per government rules, but is it considered healthy when students compare it to their regular meals?

According to the School Nutrition Standards, school lunches for secondary education students must offer fruits and vegetables. Students are required to take at least one half-cup of fruits or vegetables with every school lunch from that offering. All school lunches also must have at least 51% of grain, less 570 grams of sodium, no trans fat, and no more than 10 percent of calories can come from saturated fat, all within less than 1,080 calories.

"I would say that the food that the school serves us is probably healthier than what I would normally eat, but I don't normally eat all of the school lunch, so I don't think I'm eating it as healthy as it should," Justin Camerlingo (9) says.

The US Department of Agriculture recommends that Americans eat at least two cups of fruit a day for adults. School lunches serve around a cup of fruit on average.

"I don't think school lunch is healthy because they don't serve as much fruit as I would normally eat," Jasper Xue (9) says. "I probably eat more fruit than what most people eat, but for me, school lunch isn't healthier than my meals because of that reason."

Schools typically have an optional one cup of vegetables for students. The CDC states that the recommended amount of vegetables to eat a day is around 2-3 cups.

"I don't think that school lunch isn't even close to how healthy my meals at home are," Jesse Jongs (9) says. "My mom is very health-conscious, so normally I eat an abnormal amount of vegetables and other healthy things like that."

Mason Nagata believes school lunches are "bland," so they must be healthy.

"What I mean by that is that school food is free from a lot of unhealthy seasonings and oils that are normally used in foods," Nagata adds. "I don't really know what seasonings are healthy, but school lunch is probably free from a lot of what would be unhealthy seasonings."

This year, the Hawai'i Department of Education (HIDOE) has provided students with free school meals. But what do students think about it?



One of the more popular school lunches is burger and fries. This meal comes with an apple, pineapple, and milk as well. Photo and caption by Eleni Cheng.

Katie Lee (9) eats the free school-provided lunches.

"I don't like it, but I have nothing else to eat, so I'm pretty much forced to eat it," Lee explains.

Lee says that her favorite school lunch is the cheese bites because she likes the tomato sauce that comes with them, and she also likes the nachos and the pizza.

She says she finishes the lunches because they "taste good."

Her least favorite lunch is the vegan patty. "The one where they put corn and beans in a patty, the vegan meat," she explains.

Lee also thinks that the proportions of the lunches should be bigger.

"It still makes me hungry because I don't eat for a long time, and it gives a little portion," she explains.

Sienna Kekauoha (9) says she doesn't eat school lunches.

She says that she prefers home-prepared lunches because her mom makes them.

"And it just tastes so much better when your

own parents make them," Kekauoha explains.

She recommends that school lunches be served warm and says that they are often cold when the student eats.

Marissa Lum is a Kalani High School 2020 Alumni who used to eat the school lunches when she was a student.

She believes that school lunches could be better but says her favorite was the popcorn chicken because of the barbecue sauce. Her least favorite lunch was the sloppy joe.

"The meat tastes not real, and the bread is always hard," she adds.

Lum says the one thing that she would change about the school lunches is the type of rice used.

"I would put white rice instead of brown rice, cause the brown rice kinda has hard shells, so it's hard to eat," she explains.

She admits that portions sizes are suitable, but students are picky eaters.

Students & Faculty Say We Need to Act on Climate Change

AZRIEL BADON

Climate change has worsened over the past 30 years, and the effects can be seen in Hawaii. Human activities such as deforestation and burning fossil fuels have caused persistent increases in greenhouse gases like carbon dioxide.

Students and faculty from Kalani High School were asked about their thoughts on climate change and humans' impact on the environment.

"Even though we are improving technology, we're also still harming the environment," Rain Agbayani (11) expresses. "I think when we have a plan to do something we really don't think about how it's gonna affect our world in the future. We always think about the cause but not the effect."

She says although we have the resources to make more eco-friendly products, we continue to produce item after harmful

item.

On March 2, 2020, The Economic Times published an article about an experiment conducted by the University of East Anglia and the University of Leeds which determined that most people avoid eco-friendly products thinking they are more costly and will lack quality and performance.

Reese Fukumoto (11) agrees that it's hard to stray away from our unethical lifestyle and suggests that we should begin to transition to eco-friendly products to save our planet.

"I think no matter how much we like to try to say we're going to protect it [our planet] or do something about it, it gets delayed further and further," she says.

Due to the changing climate, scientists predict that Hawaii's oceans will continue to rise, eventually causing flooding, and damage to economic and coastal systems. The ocean

acidity has also been increasing as air temperatures rise.

"Our habits are to acquire more than what we need for survival," Kalani English teacher Jan Omura says. "We are overtaxing our natural resources without regard to future consequences. We are so focused on instant gratification; we cannot see how these habits are harmful to our world."

Ms. Omura expresses that our society gets overwhelmed and feels helpless when facing big, complicated problems. She explains that the best thing we can do is control our habits in life and aim to make a difference.

"We have done irreversible damage to our planet and environment," Omura says. "I don't think that we can 'undo' all of the damage that we caused, but we can slow down the damage that we're currently experiencing."

Storm Floods State; Tree Blocks Entrance to Campus

LILY WASHBURN

A massive storm brought heavy rain and winds upwards of 25 mph to Oahu Monday, Dec 6, causing severe flooding throughout the state. A flash flood warning issued by the National Weather Service remained in effect until 1:15 a.m. Tuesday morning.

The National Weather Service issued a flood watch that remained in effect through Tuesday and predicted that heavy rainfall and thunderstorms capable of producing flooding would persist over Oahu and Kauai a day after flooding shut down schools on Maui.

Schools on Oahu were not closed on Tuesday, except for Pearl City Highlands Elementary and Farrington High School. Kalani was open to students.

However, the storm brought down a tree blocking Kalaniiki Street and the main entrance to Kalani High School, forcing students to enter through the back gate or by the



City workers feed sawed-off pieces of a giant monkeypod tree into a wood chipper after a huge storm caused it to fall and block Kalani'iki Street and the main entrance to Kalani High School at 6 a.m. on Tuesday, Dec. 7. The tree was partially cleared and the entrance opened by the start of school. "It was actually less crowded for me," Mina Kohara (11) said. "Probably people stayed home." Photo by Ms. Nasser.

batting cages.

Several students reported that, despite the blockage, there was not a significant delay getting into campus.

The Red Cross opened up several shelters across the state of Hawaii available to residents impacted by the storm. Shelter locations on Oahu include Kalakaua District Park, Sunset Beach Recreation Area, Kailua District Park, and Makaha Community Park.

The National Weather Service reported se-

veral road closures throughout Honolulu due to hazardous road conditions caused by heavy flooding and fallen trees.

There was massive flooding in Waikiki and many social media users posted videos that showed an inch or more of water at Kahala Mall.

Several power outages also impacted residents throughout downtown Honolulu Monday, according to power provider Hawaiian Electric.

Is the Remake Better? Eilish vs. ASTN

by Ranson Silva

On Tuesday, Nov. 2, Tik Tok music creator Austin Sanders (ASTN) posted a snippet of a video of a remake to Billie Eilish's song "Happier Than Ever" and people went crazy over it with 20.8 million views as well as 5.5 million likes. People demanded he release the full version so they could listen to it and he finally did a week later on Tuesday, Nov. 9.

After listening to both the original by Eilish and the remake by Sanders, the remake is better. This opinion might get people mad but that's what I have to say about it.

As I was looking through the

comments of the snippet video that ASTN posted he was met with a lot of approval from famous Tik Tokers, even fellow musician Charlie Puth.

This song is a complete 180 from Eilish's original; Eilish's has a slow and deep pace while Sanders' remake is more upbeat with an R&B tone. This is a good song to listen to if you want something fresh and "new" with a strong beat.

I have been listening to ASTN for a couple of months now. His first song that I listened to was called "What's it Gonna Take" and, ironically, I found it while scrolling throu-

gh my For You Page (FYP) on Tik Tok. When I first heard it, I instantly fell in love with the song.

ASTN has a way with music. He always seems to find the right pace, tempo, beat, and instrument. Whenever his songs pop up on my Spotify playlist they calm me down and I vibe out.

If you want to find a new artist I would suggest ASTN because his music is enjoyable and it will put you into a good mood, especially if you like a good slow beat and want to vibe out.

Anime Review: Bungo Stray Dogs

by Mina Kohara

"Justice is a weapon. It can be used to cause harm, but it cannot protect or save others." ~ Osamu Dazai in Bungo Stray Dogs, Season 1 Episode 7

Bungo Stray Dogs, an anime adapted by Studio Bones written by Kafka Asagiri, announced their return for season four on Nov 7. Bungo Stray Dogs is a fictional action story that follows Nakajima Atsushi, an orphan who is kicked out of his orphanage and discovered by Dazai Osamu, a worker of a special detective agency. Bungo Stray Dogs is set in a world where certain gifted individuals have supernatural powers. The series follows the Armed Detective Agency as they try to protect the city. The show centers around Yokohama, Japan.

As someone who has watched the previous three seasons and has read the manga, I highly recommend people to watch Bungo Stray Dogs.

Bungo Stray Dogs is especially strong in its themes and characters. The first major thing to note is that the show is a bit more on the mature side for the average action anime. While the show isn't explicit it does cover darker themes. The show specifically highlights the relationship between two groups of people in Yokohama — the Armed Detective Agency and the Port Mafia. The two

groups represent both light and dark as opposing organizations, the Armed Detective Agency, strictly the "light" of Yokohama and the Port Mafia being a clear "darkness". While the show's general focus is on the Armed Detective Agency the main characters are spread between the two groups.

Each of the characters in the two groups is well written and properly fleshed out. One of the show's biggest themes is self-worth and the feeling that you have flaws and made mistakes that's taken away the right to be human. Every major character in the show struggles with this feeling and it's especially clear with the main character, Atsushi. The show has some of the best character dynamics I've seen. The relationship between some of the characters are well built up and satisfyingly explored/executed throughout seasons two and three.

One of the biggest aspects of Bungo Stray Dogs is its uniqueness. Even from the title, you can see that it's rather odd. The show has its own style. Every gifted character in the show is based on famous writers. These characters' powers are also based on the works of the author they are named after. Nakahara Atsushi is based on a Japanese author with the same name and his power is called "Beast Beneath the Moonlight," a reference to Nakajima Atsushi's book Moon Over

the Mountain: Stories. Due to the base the powers have, the powers in the show are very unique and have a certain charm to them. The show pays attention to the sound design choices and the character designs to immerse you into the world. Due to how unique the powers are, oftentimes the characters use their powers in smart and unusual ways to win. Every character, aside from the main character, seems to be fully ingrained with their power, and each character's personality and style shine through in their fighting. This makes the action in the show entertaining and stylistic.

Overall, it's a great show that leaves a lasting impression on its audience. The characters and overall feel of the show are very well done. I believe the biggest reason the writing is so unique and well done is because the shows were adapted from several light novels. I will say that if you end up liking the show you should read the manga due to it being a more accurate adaptation of the books. There are several differences in the adaptation, which is inevitable, but because Bungo Stray Dogs is a show with its subtle complexities these small differences end up meaning a lot. It's a great show and if anything you'll certainly find Nakahara Chuuya cool.

STUDENT LIFE

Latin Club

Isa Taylor

Kalani High School's Latin Club had its first official meeting of the year on Monday, Aug. 30, to inform potential club members of its purpose and give students an idea of what joining the club entails.

According to the club charter, the focus is to learn about Roman culture, history, and lifestyle and to do so while enjoying and experiencing what it is like to be in a club.

"We just liked to promote... how widespread Latin is as a culture and as a language 'cause a lot of people associate Latin with the language and a lot of people say 'oh it's a dead language,' but there's a vast culture associated with the language and so I think that getting it out there in the school would be something that would be really good for the club and for the school," Treasurer Mark Brehm says.

The club meets every other week on Mondays in Room C-15 at 2:10 p.m.. It encourages everyone, whether or not they take Latin, to come to their meetings after school. A club fee payment of \$5 per person is required to join, funding club

expenses such as supplies and food.

Club advisor Caitlyn Yoshina-Nguyen says that learning Roman culture is important because modern society is "so influenced by Roman culture" and plays a big part in modern technology and politics.

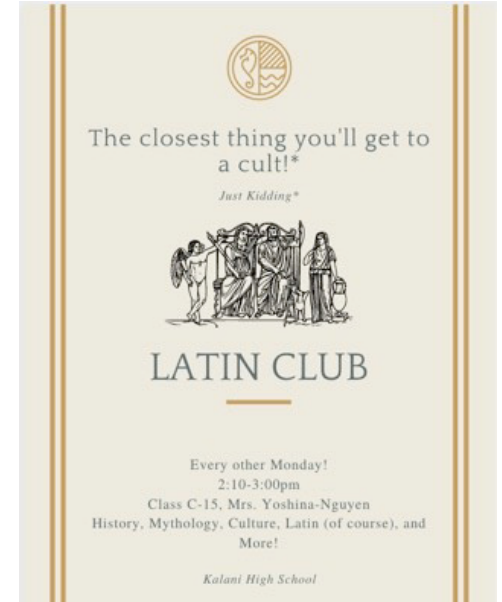
"Stuff like that has been really influenced by the Roman world, and so maybe having just a little bit of an appreciation for that is something that people would be impressed by in the future," Yoshina-Nguyen states.

Brehm explains that a "vast culture" surrounds the language and says he wants to spread the influence of the Romans, as well as have fun, learn new things, and give other students the same experience.

The Latin Club was initially formed in 2020 when the now 11th-grade founders were freshmen, but due to the lockdown during Spring Break 2019, the club could not meet and do activities. Nguyen said she was approached by some of her students (now club officers) to re-form this year.

Now that the club can run without virtual meetings, President Vincent Tan says he hopes to learn more about Roman culture with his peers and friends.

More information about the Latin Club can be found on their Google Classroom (code cfmjx3k), or by asking Club Advisor Mrs. Yoshina-Nguyen in Room C-15.



Latin Club officers Ashlie Wang (10) and Reecie Hale (10) created posters to attract new members to the club.

Clubs Are Back & Looking For Members!

Key Club

Olivia Kulaga

The Kalani Key Club is back in action with in-person volunteer events this year.

"We're planning to do a campus beautification this weekend," Ms. Takayesu, the teacher advisor for the club, says. "We're also going to do beach clean-ups and [a clean-up at] Hanauma Bay, and we have some other at-home projects as well."

They've done activities like helping out at funfairs, campus beautification, and volunteering at the humane society in past years. Ms. Takayesu says that due to the pandemic last year, they had to switch at home and virtual events, some of which they will continue to do.

"Some of the at-home events that we did last year were writing letters to healthcare workers, dog toys making for an animal shelter, Christmas Decoration Making for Palolo Home, UNICEF Math Challenge, and Health/Safety PSA making," Mana Iketani, the current club



Kaydee Leong (right) and Olivia Kulaga (left) repaint one of the C-buildings walls for the Key Club campus beautification volunteer event. Photo by Ms. Takayesu.

president, says. "We enjoyed continuing to serve the community during the pandemic."

The Kalani Key Club is under Key Club International, meaning they focus on community service and volunteering. According to their website, Key Club International's mission is to give members "opportunities to provide service, build character and develop leader-

ship."

Iketani explains that the club works under this mission and is passionate about supplying opportunities for members to serve the community and learn and develop themselves.

Kalani's club still accepts members, but they usually have about 70 students join. The one condition to becoming an official Key Club member is to participate in one of their volunteer events first to see if you're going to be committed or not.

"I think others should join Key Club because the club is a place where you can gain a lot of experience and meet new people," President Mana Iketani says. "I have volunteered at the Honolulu marathon, Magic Island beach clean-up, Honolulu Zoo Children's Discovery Forest, and many other places. Every time I got a chance to speak with new people, which can be one of the members from Kalani, other schools, or even adults who are working at that site, I was able to improve on my communication skills and relationship-building skills through the experience."

Girls' Volleyball Embodies the Spirit of Teamwork

BY LILY WASHBURN

"Senior Night, our home game against Kaiser, was one of the best days," Kalani Girls Varsity Volleyball player Anela Rea (11) says. "Not only did we win, but we played our game and played at the top of our level as a team."

Rea and her teammates are familiar with both the arduous and rewarding aspects of playing high-school-level sports. The girls' varsity team, a diverse group of players ranging in grade level from sophomores to seniors, started the 2021 volleyball season with seven wins.

Many of the players agree that playing on varsity has its disadvantages, but its benefits make it worthwhile.

Rea, a volleyball player of six years, says that being a part of Kalani's varsity volleyball team has shaped her into a more disciplined and determined athlete and person; still, this growth didn't happen overnight. It took time, commitment, and passion.

"When you play volleyball for Kalani you make a commitment not just to the program but to your team, the coaches, and yourself," Rea says. "There are always going to be distractions or things in the moment that you would rather do, but when you see the person next to you show up every single day to practice you have no excuse not to be doing the same."

For Rea, one of her biggest inspirations is her teammates. Seeing her teammates have the same motivation and passion as she does makes her excited to show up for practice every day.

"Even when we are doing punishments or conditioning I know that they have my back, so being able to call them my teammates is something I'm really proud of," she says.

Teammate Haylee Lyons (10) shares a similar appreciation for the players on her team. She admires their hard work, determination, and loyalty.

"In some way, everybody on the team has been there for me and has helped me along the way, whether it was a simple comment or a piece of advice that they thought was helpful," Lyons says.

One of the biggest challenges Lyons and her teammates face as varsity athletes is balancing school and sports.

Varsity athletes like Lyons have to devote substantial time and effort to their sport. According to a poll conducted by the sports magazine SKYD Magazine, an average high school or college athlete spends around 10-12 hours per week practicing.

Lyons admitted that it can be difficult to devote herself to volleyball while still finding time to finish all of her



The Girls' Varsity Volleyball team celebrates after their Senior Night home game against Kaiser. "The energy was amazing," player Brooklyn Witcher (11) says. "It was really strong. Knowing that everyone was there and cheering us on encouraged us to play our best." Top L-R: Raymie Lum, Anela Rea, Kailee-Lei McKee, Ayre Takamoto, Kiera Kanoa-Faalafua, Haylee Lyons, Rorie Frias, Shyanne Yamada. Bottom, Seniors L-R: Kailee Wakatake, Ami Evans, Shyanne Yamada, Tayler Gomes. Photo by Coach Waiialae.

schoolwork.

To overcome this, she prioritizes her work by completing it as soon as she can, such as during a free period or after school before practice.

For Rea, remembering what motivates her to play in the first place helps her keep going when she's overwhelmed with schoolwork and volleyball.

"I think what's helped me is understanding why I prioritize volleyball and school in the first place, and reminding myself of that can sometimes give me the motivation needed to push through those hard moments," She explained.

To perform well on and off the court, Rea and her teammates must develop fundamental skills such as discipline, accountability, and collaboration.

"One major skill that I have learned while playing on varsity is always being vocal and communicating with my peers," player Raymie Lum (11) says.

While maintaining clear communication with her teammates during games is essential, Lum also mentioned the importance of having a good relationship with her teammates.

"I really like how our team is able to get along so well and the chemistry that we have," she says. "We are able to know when we can have fun and when we need to be serious and play the game."

A phrase that Lum and her teammates often say to each other on the court is "me to we."

"It's a mantra we made as a bit of a joke but the meaning rings true; to succeed you need to understand that your team has your back," Rea says.

Lum highlighted the individual aspects of varsity volleyball as well. She says that in addition to meeting the physical requirements of the sport, a successful varsity athlete plays with passion, perseverance, and a drive for self-improvement.

Lyons emphasized the important mental component of the sport. She believes that an exceptional varsity athlete needs to have a "strong mindset" in order to persevere through challenging situations on the court.

For example, they do this by reminding themselves to "keep pushing" regardless of the "pain or difficulty in a drill or game."

She believes her experience on the varsity team has helped her to develop the mindset of a successful athlete.

"Playing on varsity has taught me that mistakes are okay as long as you learn from them, to never give up even when something may seem impossible, and to always remember that your team comes before yourself," Lyons says.

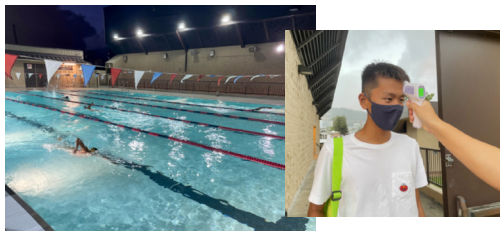
Athletes Struggle to Get Noticed During COVID

Lin Meyers & Kylie Tanimura

The global pandemic limited sports in the years 2020-2021 and 2021-2022 and high school seniors and student-athletes experienced a range of emotions about how COVID affected their chances of playing their sport in the future.

During Kalani's 2020-2021 school year, fall and winter sports were canceled with a slim hope for a spring season. Student-athletes were deprived of their outlet for physical activity and lost the opportunity to showcase their athletic talents.

"I had less opportunities to create good



(Left) Social distancing is key for the swimmers of Sun-Shine Aquatics. The club team has limited people allowed in the pool and starts on opposite sides for distance. The team is 94% vaccinated and only one person is unvaccinated. Non-vaccinated people are allowed to swim because the amount of swimmers that are vaccinated is greater than non-vaccinated. (Right) Riki Watanabe (12) gets his temperature checked before his swim club practice. He is then asked health questions, and if he has been in contact with someone with COVID. If he answers no to all, he is allowed to swim. Photos and captions by Lin Meyers.

stat," Maddison Hatanaka (12) exclaimed.

Students at Kalani High School were able to participate in a short season last Spring, and a full season this Fall after a delayed start.

"I was very very happy to hear that we would have a full season — fall, winter, spring sports," Cross Country and Track and Field Coach Brooke Nasser said.

Athletes report that restrictions are tough; students specifically cite wearing a mask at all times, social distancing, and health checks as difficult to deal with.

"I feel like all sports require breathing hard but running is something else, you need to breathe well in order to run well and the masks make it hard to breathe well," Ami Yamane (10) said.

Also difficult was getting back into the groove after a long break.

"When we had to complete conditio-

ning before we were permitted to play sports, I would say I struggled a little bit with the running aspect," Kokona Watanabe (10) said. "I was feeling sick and dizzy."

COVID-19 restrictions have loosened over the summer, and for the 2021-2022 school year students are back on campus. The season was postponed to September 24, with the rule that the athletes must be fully vaccinated or take a weekly COVID test.

Some athletes were happy about the vaccine requirements.

"I understand people have their preferences but I really think that everyone should be vaccinated in order to benefit the welfare of everyone," Madixx Muramoto (11) said.

To allow sports to resume, coaches and players have to continue to social distance, especially if the sport takes place indoors.

When the pandemic shut down sports in the Spring of 2020, athletes missed out on opportunities for college recruitment. Kalani athletes rely on school and club teams to get into collegiate athletic



(Left) Head coach Gregg Horita of the Kalani softball team eagerly demonstrates the different hitting techniques to the new freshman and sophomores. He and many other public school coaches say they are excited to be back with their players and able to continue their fall season. (Right) The Kalani JV softball team is back at the Kalani's batting cages to start off from the postponed fall season on Sept. 27. The Kalani JV softball team is back at the Kalani's batting cages to start off the postponed fall season on Sept. 27. Along with football, cross country, and volleyball starting their own tryouts on Kalani's track, field, and gym. Sports guidelines include doing wellness checks before practice, social distancing, and wearing masks around groups of people. Photos and captions by Kylie Tanimura.

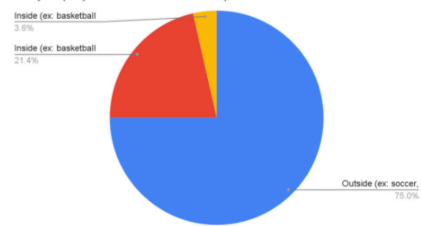
programs. However, some athletes took advantage of the long break by training.

"It gives me the chance to improve and get stronger and faster," Hatanaka said.

During the break, many athletes reached out to colleges via email. Athletes also created online profiles and posted their achievements, stats, and extracurricular activities to get attention.

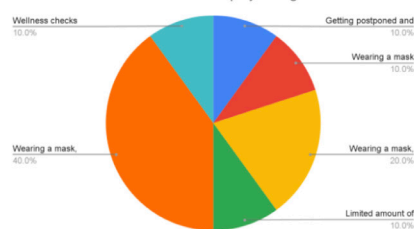
Still, emails and skills videos weren't the same as having a full sports season.

Do you play an inside or outside sport?



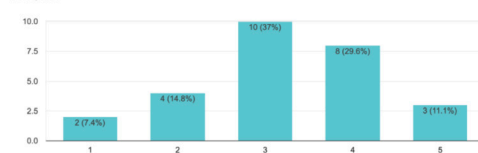
In a survey students answered that 74% of their sports are played outside. Infographic made using Google Forms. Twenty-eight students participated in the survey.

What restriction makes it harder to play during covid?



Athletes report that wearing a mask is the most difficult restriction. In a survey, an anonymous responder described "people with breathing problems such as asthma might have a very difficult time playing with masks." Infographic made using Google Forms. Twenty-eight students participated in the survey.

How socially distant do you think you are at practice or games? Not very=no social distance. Very much=people are 3 feet apart. 27 responses



Athletes at Kalani feel that their social distance during practice is in the middle. Infographic made using Google Forms. Twenty-eight students participated in the survey.

"It lowered my chances of going D1 being that I am now late entering the recruiting process and D1 schools had already closed their rosters early," softball player Christen Horita (12) explains.

With the downsides of COVID, Horita and Hatanaka have advice for younger students interested in getting recruited.

"You don't have to be the biggest or strongest but you always have to be improving and working hard," Maddison advises.

Getting colleges to notice you takes a lot of effort and commitment.

"If you open your horizons it'll allow you to have higher chances of getting recruited as well as receiving better scholarships," Horita says.



At Kalani High School, students have noticed some changes, like the wall between B and C buildings where student Nicholas Au (11) has been working hard to create a mural. His project started from a simple sketch. Ms. Tran-Trimner invited him to create a mural on one of the doors in her classroom. This led to his current project. He started this independent project last year but got to finally work on the mural this year with some help from other students. Nick's idea for this mural is to put his "mind" on the wall. Photo and caption by Riko Yamaki.